

# Senior Citizens Activity Center Newsletter

245 N. 200 W.

St. George Senior Citizens



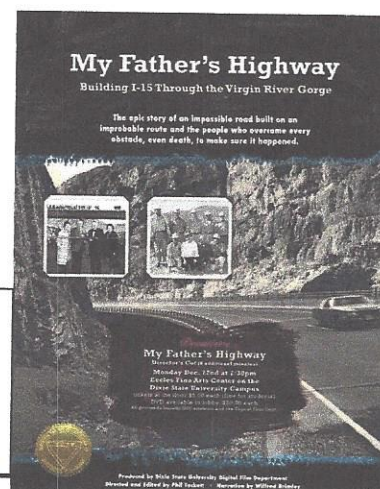
## "Senior Center YARD & BAKE Sale Fundraiser"

This event will take place on November 13<sup>th</sup> and 14<sup>th</sup>. Meet us on the front lawn anytime between 8 a.m. and 12 noon for great prices on bakery items and yard sale items.

Tell your neighbors and bring a friend with you to the sale to help our fund raising efforts! ...*If you can donate any garage sale items to the Senior Center we will be collecting these items October 23 through Nov 10. Please contact Jeanie, the center's supervisor to bring items in.*

**Our Center will be CLOSED on Veterans Day November 11<sup>th</sup>**

**Also CLOSED November 26<sup>th</sup> and 27<sup>th</sup> for Thanksgiving**  
**Happy Thanksgiving to all .... GOBBLE GOBBLE GOBBLE**



### Medicare Open Enrollment Period.

October 15 to December 7. This is when ALL

people with Medicare can change their Medicare health plan and prescription drug coverage for 2016. We'll have all the information so seniors can make a decision and we can help them make their changes if needed. Come see us in the computer room between the hours of 9am – 11:30am.



### Free Lip Reading Class

We will be using common everyday phrases. Classes Start Tuesdays November 3<sup>rd</sup>. In the computer room.



### Questions about Estate Planning?

What is the difference between a Will or a Trust? What is Probate? Learn more about the importance of having properly drafted Estate Planning documents and how to avoid Probate with Phillip Gubler from JensenBayles, LLP, at the St. George Senior Center on November 19, 2015 @ 1:00 pm.



### Arthritis Foundation

meets on Tuesday and Thursday at 11:00 am. The Arthritis Foundation has put together several exercises that are simple, can be done sitting or standing, and improve muscle strength and mobility ..Attendees have increased better balance and mobility .

## Movie of the Month

**Thursday, Nov 12**  
**12:45- 1:45**

Anyone interested in the Virgin River Gorge should see this documentary. This portion of I-15 was completed in 1973 at the cost of more than \$61 million or \$100 an inch. To this day it represents the most expensive and spectacular engineering feat in the history of the United States Interstate Highway System. This films tells the epic story of how this road was built and the people who overcame every challenge , even death, to make sure it happened..



Primary Business Address

245 North 200 West  
St. George Utah 84770  
Phone: 435-634-5743

**Open 9:00 am to 4:00 PM**

**Tuesday thru Friday**  
(Closed Saturday thru Monday)

**Lunch Served:**

**Tues. - Thurs. 11:30 am -12:45 pm**  
**Friday (Brunch) 10:30 am -11:45 am**  
Suggested Donation: \$3.00

**Center Supervisor:** Jeanie Johnson  
**Center Secretary/Meals On Wheels:** Linda Martin

**Dial-a-Ride:** Tonya Morrow

**Director:** Chris Holliday



**November is the month we vote-in, our "New Advisory Board" members. Our center has many qualified volunteers that are willing to run and donate their time to be on the board.**

**We would appreciate it if you could take a moment and ask for a ballot at our front desk and vote!**

**Voting will take place November 3,4,5 and 6.**

## MONTHLY EVENTS

**FINANCIAL SERVICES** Tuesday, November 10th from 11:00 am to noon. Make an appointment with Linda.

**UTAH HARD OF HEARING SPECIALIST** - Here to help and answer questions on hearing loss and Relay Utah program. 1<sup>st</sup> Wednesday. 11:00-1:30.

**FREE ATTORNEY SERVICE** - Thursday, November 12th @ 1:30 pm, and Thursday, November 19th @ 1:30 pm. Make an appointment with Linda.

**FOOT DOCTOR** - Thursday, November 12th @ 1:00 pm. Donation \$5.00. Priority given to those with Medicaid. Make an appointment with Linda.

**PARKINSON'S MEETING** - 3rd Wednesday of the month at 10:30 am.

**AARP DRIVER SAFETY CLASS** -Friday, November 13th @ 9:00 am-1:00 pm. For more information contact Victor Lorch at (435)216-7715. Class is limited, **NO WALK INS!**

**CHAIR & HAND MASSAGE** - 1st & 3rd Friday of the month from 10:15 am - 11:15 am, Classroom #1.

**CHOLESTEROL SCREENING** - 1<sup>st</sup> Thursday of the month from 9:00 - 11:00. Fee \$20.00

**HEALTH SCREENINGS/FITNESS TESTS** - 2<sup>nd</sup> Friday of the month from 10:30 am - 12:00 pm, Classroom #1

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*Would you like to receive this newsletter electronically? Just stop by the front desk at the Senior Center and provide us with your current e-mail address.*





CLASSES	DAYS	TIME	
ACRYLICS	WEDNESDAY	1:00 PM	\$2.00
ARTHRITIS FOUNDATION EXERCISE PROGRAM	TUES & THURS	11:00AM-12:15	\$1.00
BASIC PLUS TAP	WEDNESDAY	1:30-2:30	\$1.00
BASIC TAP	WEDNESDAY	12:30-1:30 PM	\$1.00
BASIC ZUMBA	TUESDAY	1:30 PM	\$1.00
BASIC ZUMBA	THURSDAY	10:00-10:45 AM	\$1.00
BEGINNING LINE DANCING	WEDNESDAY	9:00 AM - 10:30	\$1.00
BINGO	FRIDAY	11:30 AM	
BLOOD PRESSURE-SUGAR SCREENING	THURSDAY	9:00-11:00 AM	FREE
CERAMICS	TUES & WEDNESDAY	1:00 - 3:00 PM	\$2.00
CERAMICS	THURSDAY	9:00 AM-11:30	\$2.00
COMPUTER SUPPORT	TUES-FRIDAY	9:00-11:30AM	\$2.00
GENTLE YOGA	FRIDAY	9:00-10:15 AM	\$1.00
HAND & FOOT CARD GAME	WEDNESDAY	9:00 AM	\$1.00
INTERMEDIATE LINE DANCING	TUES	9:00 AM - 10:30	\$1.00
INTERMEDIATE TAP	TUESDAY	2:00-3:00 PM	\$1.00
KNITTING & CROCHETING	TUESDAY	1:00 PM	\$1.00
LONG TERM MEDICAL QUESTIONS	TUESDAY	12:30 PM	FREE
OIL/ACRYLIC PAINTING CLASS	TUESDAY	1:00 PM	\$2.00
PARTY BRIDGE	WED & FRIDAY	10:45 AM	\$1.00
PICKLEBALL	TUES & WED	2:30-4:30 PM	\$1.00
PICKLEBALL	THURSDAY & FRIDAY	1:30 PM-4:00 PM	\$1.00
PINOCHLE	WED & THURS	12:30 PM	\$1.00
POWER BARRE	TUES	12:30 PM	\$1.00
REMINSICING RAINY DAYS WITH YOUR PEERS	TUES	1:00 PM	FREE
SQUARE DANCING	THURSDAY	6:30-9:00 PM	\$4.00
TABLE TENNIS	TUESDAY	9 AM-12 PM	\$1.00
TAI CHI	WED & FRIDAY	10:30 AM	\$1.00
TAI CHI QUAN	WED & FRIDAY	9:30-10:30	\$1.00
WATER COLOR GROUP	THURSDAY	1:00 PM	\$2.00
WIDOW/SINGLE SUPPORT GROUP	WEDNESDAY	1:00 PM	\$1.00
Wii BOWLING	THURSDAY	1:00 PM	\$1.00
YOGA	TUES & THURS	9:00-10:30 AM	\$1.00
ZIRCUIT	TUESDAY	2:30 PM	\$1.00
ZIRCUIT	THURSDAY	9:15-9:45 AM	\$1.00
ZUMBA	WEDNESDAY	1:30 PM	\$1.00



# NOVEMBER 2015 MENU

<b><u>NOVEMBER 3</u></b> GARLIC CHICKEN OR SHEPHERD'S PIE	<b><u>NOVEMBER 4</u></b> BEEF STROGANOFF OR CHICKEN SALAD SANDWICH	<b><u>NOVEMBER 5</u></b> PORK CARNITAS OR PEPPERONI PIZZA	<b><u>NOVEMBER 6</u></b> HAM OR PEACH MANGO BAKED FRENCH TOAST
<b><u>NOVEMBER 10</u></b> BBQ CHICKEN OR SMOTHERED BURRITO	<b><u>NOVEMBER 11</u></b> <b>CLOSED FOR VETERAN'S DAY</b>	<b><u>NOVEMBER 12</u></b> CHICKEN ENCHILADA OR BEEF POT PIE	<b><u>NOVEMBER 13</u></b> SALISBURY STEAK OR SCRAMBLED EGGS & SAUSAGE
<b><u>NOVEMBER 17</u></b> CHICKEN CORDON BLEU CASSEROLE OR GRILLED HAM & CHEESE	<b><u>NOVEMBER 18</u></b> COUNTRY FRIED STEAK OR LASAGNA	<b><u>NOVEMBER 19</u></b> FISH SANDWICH OR TURKEY BURGER	<b><u>NOVEMBER 20</u></b> BEEF TIPS OR GERMAN PANCAKES & BACON
<b><u>NOVEMBER 24</u></b> CHICKEN ALFREDO OR TUNA SALAD SANDWICH	<b><u>NOVEMBER 25</u></b> TURKEY & DRESSING POTATOES & GRAVY YAM & BEANS GREEN SALAD WHEAT ROLL PUMPKIN PIE	<b><u>NOVEMBER 26</u></b> <b>CLOSED FOR THANKSGIVING</b>	<b><u>NOVEMBER 27</u></b> <b>CLOSED FOR THANKSGIVING</b>
		KITCHEN RESERVES THE RIGHT TO SUBSTITUTE	BRUNCH EVERY FRIDAY 10:30-11:45 am SALAD BAR EVERYDAY FRUIT AND YOGURT BAR ON FRIDAYS

**Join us for our Thanksgiving  
Feast on November 25th**

We truly enjoy serving you these daily meals and providing entertainment. Part of the funding source for us to be able to provide these meals are your donations. Our lunch donations are struggling. This is a donation program.

Please help us keep this donation program going.

*Over 60 .... \$3.00 donation per meal.*